



HERITAGE

Free Honky Tonk Piano Concert with Gary Landgren

Thursday, Sept 2, 10:30-11:30
at the Lowell Senior Center

Join us for this special event sponsored by Lillian Defeo and Richard Kinsey.

Farmer's Markets also continue Thursdays from 10am-noon at the Senior Center, and the takeout lunch for Sept. 2 will be a chicken sandwich (\$2.50).



Vote using Lowell's New Election System

This year, the Lowell City Council and School Committee will be elected under a district and at-large "hybrid" system. To see how your voting process has changed, visit YourLowellYourVote.org or call 978-674-4046

Sept. 21: the only districts with preliminary elections are City Council 2, 3, 4, and 7.
Nov. 2: all districts will vote.

The Lowell Senior Center will be the Early Voting site for all districts.

Este año, el Consejo de la Ciudad de Lowell y el Comité Escolar serán elegidos bajo un sistema "híbrido" del distrito y en general. Para ver cómo ha cambiado su proceso de votación, visite YourLowellYourVote.org o llame al 978-674-4046

21 de septiembre: los únicos distritos con elecciones preliminares son los Distritos 2, 3, 4 y 7 del Concejo Municipal.
2 de noviembre: todos los distritos votarán.

Lowell Senior Center será el sitio de votación anticipada para todos los distritos.

នៅឆ្នាំនេះក្រុមប្រឹក្សាសាលាក្រុងឡូអែលនិងគណៈកម្មាធិការសាលានឹងត្រូវបានធ្វើការបោះឆ្នោតជ្រើសរើសក្រោមប្រព័ន្ធទាក់តំបន់និងប្រព័ន្ធសមាមាត្រសំលេងភាគច្រើនទូទៅដែលជាប្រព័ន្ធ "កូនកាត់" ។ ដើម្បីមើលពីរបៀបនៃដំណើរការបោះឆ្នោតរបស់អ្នកដែលបានផ្លាស់ប្តូរ សូមចូលទៅកាន់គេហទំព័រ YourLowellYourVote.org ឬទូរស័ព្ទទៅលេខ ៩៧៨-៦៧៤-៤០៤៦។

សម្រាប់ថ្ងៃទី ២១ ខែកញ្ញា៖ តំបន់ដែលតម្រូវឲ្យមានការបោះឆ្នោតជម្រុះបឋម (Preliminary Elections) គឺមានតែតំបន់ ទី ២, ៣, ៤, និង ៧ តែប៉ុណ្ណោះ។ សម្រាប់ថ្ងៃទី ២ ខែវិច្ឆិកា៖ គ្រប់តំបន់ទាំងអស់នឹងត្រូវធ្វើការបោះឆ្នោត។ មជ្ឈមណ្ឌលសម្រាប់មនុស្សចាស់នៃទីក្រុងឡូអែល (Lowell Senior Center) នឹងជាទីកន្លែងនៃការធ្វើការបោះឆ្នោតមុនសម្រាប់គ្រប់តំបន់ទាំងអស់ដែលបោះមុនថ្ងៃបោះឆ្នោតខែកញ្ញា និងខែវិច្ឆិកា។



CITY MANAGER

Eileen Donoghue

Assistant City Manager

Kara Keefe-Mullin

City Council**Mayor**

John J. Leahy

Vice Chair

Rita M. Mercier

* * * * *

Sokhary Chau

David J. Conway

John Drinkwater

Rodney M. Elliott

Vesna Nuon

Daniel Rourke

William Samaras

**City of Lowell
Veterans Services****Director / Agent**

Eric Lamarche

ELamarche@lowellma.gov

**Office Hours:
8 A.M. - 4 P.M.
Monday - Friday**

Tel: 978-674-4066

Fax: 978-446-7270

**LOWELL
SENIOR CENTER****276 Broadway St
Lowell, MA 01854****978-674-4131**

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**Monday–Friday:  
7 am to 3 pm****Saturday–Sunday:  
Open for meals only****Daily Takeout Breakfast:  
7:00-9:00 am****Daily Takeout Lunch:  
10-11:30 am**

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Director: Lil Hartman**Receptionist:** Tara Donnelly**Outreach Team**Amy Leal 978-674-1167
(Portuguese, Spanish)Glady Rosa 978-674-1168
(Spanish)

Seila Chuop 978-735-9247

**COUNCIL ON AGING
BOARD OF DIRECTORS***Andrew Hostetler, Chair**Joyce E. Dastou**Beverly Gonsalves**Judith Huber**John R. Lawlor**Vincenzo Milinazzo**Anne Marie Porter**Molyka Tieng**~ One Vacancy ~*

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**Next meeting:****Monday, September 13  
at 9:00 am****Lowell Health Department**

978-674-4010

For Questions about COVID-19.

Prefer reading  
*The Heritage Newsletter*  
online?Visit: [www.lowellma.gov/seniors](http://www.lowellma.gov/seniors)**PUBLIC NOTICE**

Effective August 16, visitors to City buildings will be required to wear a mask or face covering;

A partir del 16 de agosto, los visitantes de los edificios de la ciudad deberán usar una máscara o cubrirse la nariz y la boca;



Visitors may not bring food or drink into City buildings until further notice.

Los visitantes no pueden traer comida o bebida a los edificios de la Ciudad hasta nuevo aviso.



## Back to Bingo, Yoga and More!

When COVID cases started rising in Lowell last month, we **delayed indoor dining until further notice**. Visitors may not bring food or drink into the senior center (except water), and **masks are required at all times**. With these precautions and hand sanitizer always available, we will open as much as possible in-person this fall.

Do your joints feel stiff after hibernating through the COVID pandemic? Sign up for *Dance MOVES for EveryBODY*, a low-impact class welcoming all, including people with Parkinson's Disease and any level of mobility. Tai Chi, Bone Builders, and Yoga classes are back on our calendar and "On the Move" is drop-in format, now \$3 per session.

Are you craving a fun group activity? The Senior Center Singers will return with weekly sing-alongs in the Great Hall on Mondays. The Friends of Lowell COA resumed offering Bingo August 11 and it is going strong, Wednesdays 12 to 3pm.

This month the Lowell COA would like to thank volunteers who were supervised by Mayor Leahy for their time and energy to paint two of our rooms that were in need of a makeover. A special thanks is also given to *Colorworks* on Market Street for their part in providing the paint. We also thank long-time volunteer Frank Desruisseaux, who DJ'd our Friday afternoon socials for many years ending in August this year. Socials continue with Sabine Barmettler providing music.



### Medical Loan Program

Walkers, disposable underwear and bed pads available FREE. Call 978-674-4131 for pickup  
*Wheelchair donations needed!*



## The Syringe Collection Program

Senior Center syringe drop-off accepted during meal program hours at our side window. Please call 978-674-4131 for weekday lobby drop-off to avoid vaccine clinic days. Free disposal containers are available while supplies last.



### Get Help with Medicare

Call 978-946-1374 and leave a message. A trained counselor will call you back within 1-2 days. Statewide, no in-person appointments are available.

## Volunteer with us!

The City has decided to reopen the Elderly and Veterans Volunteer Program for Fiscal Year 2022. You may be able to help a city department for up to 100 hours and earn a reduction in your property tax bill. Spots in this program are limited. To sign up, **call 978-674-1102** or visit the **Lowell Assessor's Office, City Hall, 1st Fl. Room 36**, starting July 1, 2021.

Meals on Wheels is seeking volunteer drivers to deliver lunches for seniors in Lowell. These folks get a daily stipend for vehicle costs, and are also eligible for the Elderly and Veterans Volunteer Program (see above).

Do you like to work out with friends? CTI is seeking new volunteers to lead its strength training class at the senior center. Bone Builders leaders are part of the AmeriCorps Senior Program and enjoy volunteer benefits.

Please call Gladys at 978-674-1168 to sign up!





**Left:** Trip volunteers Joan Tsoukalas and Sothara Ly helped people register for trips this summer. Despite the rainy start to our beach season, we are so glad to be back on the road!

**Bottom left:** Bingo's opening day on August 11 brought in 84 players. Each week features a 50/50 raffle and several chances to win Bingo!

**Bottom right:** Card players enjoy a game of cribbage in our upstairs classroom (the week before mask mandate went back into effect).



## **Bus Trips with Travel Agencies**

### **Encore Boston Casino Trip**

Monday, October 25

Depart 8:30am from Transfiguration Greek Church Outreach Center (465 Fletcher St) on luxury coach bus. Depart from casino at 4pm. \$20 Bonus Slot Play included. Please mail or bring payment to the Senior Center front desk to reserve your seat. *Mask and vaccine card required for bus.* Thanks to the Friends of LCOA and Floyd Wardwell for organizing this trip. Cost: \$32 payable to Fox Tours



### **Best of Times "Lunch and Show"**

Thursday, Oct. 21 – British Invasion @ Lantanas

Thursday, Nov 18 – Abba/Yesterday Once More @ Danvers

Call 978-674-4131 to sign up now, \$82 to Best of Times

### **Sep. 23: Pickity Place Trip**

\$40 per person includes a ride on the senior center bus, 11:30am seating with a fixed menu, 5-course meal incl. beverage, tax and tip. Stop by the greenhouse and gift shop, too

## Day Trips, Age 60+

Please sign-up for trips right away! Bring cash, money order or check to the Senior Center. If you need to change dates, call at least one business day ahead. No refunds for no-shows on trips.

| <u>September</u> | <u>trips</u> | <u>on sale Aug. 31</u> |                               |                     |
|------------------|--------------|------------------------|-------------------------------|---------------------|
| <u>Day</u>       | <u>Date</u>  | <u>Destination</u>     | <u>Depart 465 Fletcher St</u> | <u>LRTA Station</u> |
| Monday           | 13           | Hampton Beach          | 8:45 am                       | 9:00 am             |
| Tuesday          | 14           | Rockport               | 8:45 am                       | 9:00 am             |
| Thursday         | 16           | Newburyport            | 8:45 am                       | 9:00 am             |
| Thursday         | 23           | Pickity Place (\$40)   | 9:15 am                       | 9:30 am             |
| Thursday         | 30           | Deerfield Fair         | 8:45 am                       | 9:00 am             |
| <u>October</u>   | <u>trips</u> | <u>on sale Aug. 31</u> |                               |                     |
| <u>Day</u>       | <u>Date</u>  | <u>Destination</u>     | <u>Depart 465 Fletcher St</u> | <u>LRTA Station</u> |
| Monday           | 4            | Topsfield Fair         | 8:45 am                       | 9:00 am             |
| Monday           | 18           | Turkey Train (\$50)    | 8:15 am                       | 8:30 am             |
| Thursday         | 28           | Salem MA               | 8:45 am                       | 9:00 am             |



### **SAVE THE DATE: Tour an LRTA Bus**

Wednesday, Oct. 13, 10—11:30am  
Lowell Senior Center parking lot

Climb aboard an LRTA Fixed Route bus in our parking lot. Learn how to use the meter to pay inside. Ask questions about routes near your home for a custom map and schedule. We will also hand out applications for RoadRunner service. Free one-ride passes will be given to the first 30 seniors who attend.

## CareRide

CareRide (Elder Services of Merrimack Valley) provides non-emergency medical transportation for people age 60+. Sign up at the Lowell Senior Center (978-674-4131), and a ride share vehicle will be scheduled for you by Elder Services.

No need to use a smartphone or pay the driver; bills come to your address monthly, \$4/each way for local trips.



## \$1 Grocery Trips



Call 978-674-4131 for a ride to your neighborhood grocery store. One ride per week. As requests increase we may set specific days for each neighborhood.

## LRTA Road Runner

ADA Paratransit curb-to-curb service is available for people with a disability that prevents them from using a fixed route bus—for all trip types.

Senior Dial-a-Ride is available for all people age 60+ for medical rides only. Call 978-459-0152





## FREE Fitness Room

Monday to Friday 7 to 3

### **Required:**

- Lowell residents age 60+
- Sneakers
- Annual doctor's release note



## Bone Builders

Mondays and Wednesdays, 8:30am

FREE with application process to participate, ask at front desk.

We are seeking new volunteer instructors for this program! Please join the class if you are interested.



## INTRO TO MINDFULNESS វិបស្សនា

Wednesday Sept 1, 1:30pm

Rides available from CMAA. FREE meditation and yoga practice open to all. Contact Toooh Van, 978-454-6200 or tvan@cmaalowell.org



## Foot Clinic

with Diane Stanley, RN

Thursdays by appointment

Sept. 16 & Oct. 21

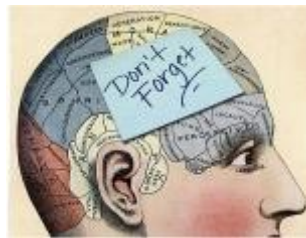
\$30.00 fee

Includes: foot assessment, toenail trim and filing, reduction of nails/corns/calluses, education to help maintain self-care, and a relaxing foot massage.



## Memory Training

Designed by UCLA, this innovative educational course teaches techniques to improve memory in a fun, interactive classroom environment. This is not intended for people with Alzheimer's or dementia. Sign up now if you are interested.



## Dance MOVES

For EveryBODY

Thursdays 10:30-11:30am

SIGN UP IN ADVANCE

**6 weeks, Sept 23-Oct 28**

**FREE thanks to a grant from the Lowell Cultural Council**

An adaptive dance program, with a seated or standing option. It's inclusive to ALL regardless of mobility level. Come experience the JOY of movement together

## "On the Move"

Mondays, Wednesdays and Fridays:  
9:00 am, \$3 per class

Aerobics and stretching, with weights, balls and resistance bands with Marian Silk



## Tai Chi

Thursdays, 1 pm  
\$5 per class

Tai Chi is great for improving balance, sense of calm, and memory through repeated practice of a series of slow movements.



## Yoga

Chair Yoga Tuesdays 12-1pm  
or  
Gentle Kripalu Fridays, 12-1 pm

\$5 per class  
with Christine Connolly.



**Mah-Jong**

Mondays  
12 to 2:45 pm  
Board Room

**Senior Center Singers**

Mondays, 1 - 3 pm  
Starting Sept. 13  
Great Hall

**Senior Socials**

Fridays  
12 - 2:45 pm  
Great Hall  
Line dancing, couples dancing, sit  
around tables and chat.

**Wii Bowling**

Tuesdays & Fridays, 10:30 - 11:30  
Board Room

**Knit & Crochet Group**  
*returning to Tuesdays!*

Tuesdays 12 - 2:45 pm  
Senior Center Library

**Card  
Players!**

Tuesdays  
9:30 am to 2:45 pm  
Cribbage

Thursdays  
9:30 am to 2:45  
45's

Wednesday & Fridays  
9 to 2:45  
Poker

**Quilting Group**

Wednesdays  
12 - 2:45 pm  
2nd Floor Classroom  
Newcomers welcome,  
beginners to advanced!

**B - I - N - G - O**

Every Wednesday  
12 - 3:00 pm

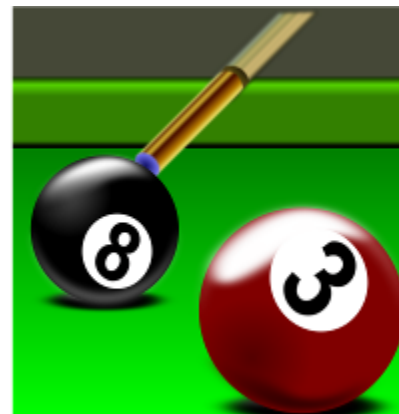
50¢ per card, sales start at noon

Prize amounts vary  
due to attendance.

PLUS additional prizes!

**Billiard Room**

Open Monday - Friday  
7am-2:45pm



# Lunch Menu: September 2021

September 2021

| Sunday                                               | Monday                                                       | Tuesday                                                      | Wednesday                                                       | Thursday                                                                 | Friday                                                           | Saturday                                                      |
|------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------------------|--------------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------|
|                                                      |                                                              |                                                              | 1. Pasta & Meat sauce, Zucchini & Tomatoes<br>Chocolate pudding | 2. Chicken Patty with lettuce and tomato, Rice Pilaf, Green Beans, Pears | 3. Fish Sandwich, Pasta Salad, Cole slaw, Fruit cocktail         | 4. Grilled Chicken Salad with Black Beans, Egg, Tomato Plums  |
| 5. Beef Stuffed Peppers, Potato Corn Strawberries    | 6. CLOSED<br>LABOR DAY                                       | 7. Beef Stir Fry with pasta, Pepper, Broccoli, Carrots, Cake | 8. Baked Pork Chop, Potato, Peas, Pineapples                    | 9. Thai Basil Chicken, Rice, Zucchini, Eggplant, Apricots                | 10. Seafood Stew, Potatoes Zucchini and Tomato, Mandarin oranges | 11. American Chop Suey, Salad w/ tomato Applesauce            |
| 12. Pulled Pork, Rice, Collard Greens, Baked dessert | 13. Chicken Vegetable Soup & Turkey Sandwich, Fruit Cocktail | 14. Shepherd's Pie, Corn, Spinach, Blueberries               | 15. Spanish Chicken Rice & potato Carrots, tomato Pears         | 16. Pork Tenderloin, Potatoes, Broccoli, Peaches                         | 17. Fish Dinner Rice, Peas, Apples                               | 18. Meat Loaf, Mashed Potatoes Corn, peas and carrots Bananas |
| 19. Tuna Sub, Potato Salad, Tomato & Lettuce Orange  | 20. Baked Chicken, Rice Pilaf, Carrots, Apricots             | 21. Veal Roulade, Potato, Carrots and peas Pears             | 22. Meat Lasagna, Garden Salad with tomato, Banana Pudding      | 23. Liver & Onions Potato Carrots Fruit Jello                            | 24. Chicken & Shrimp Scampi, Rice, Zucchini, tomato Pineapple    | 25. Cheese Burger, Potato Salad Tomato & Lettuce Apple        |
| 26. Chicken Tenders, Roast Potatoes, Spinach, Pears  | 27. Teriyaki Chicken, Rice, Broccoli, Fruit Cocktail         | 28. Spanish Pork, Potatoes, Carrots, Strawberries            | 29. Chicken Parmesan Pasta, Green Beans, Bananas                | 30. Stuffed Cabbage, Potato Carrots Applesauce                           |                                                                  |                                                               |

## COALITION FOR A BETTER ACRE

Monthly Food Bank  
We deliver anywhere  
In the City of Lowell

**Contact:**  
**Jennifer 978-856-6646**  
**or**  
**Mitchy 978-856-6625**

## Lowell Farmers' Markets

Tuesdays, 10am-12pm at Lowell Community Health Center

Wednesdays, 2-4pm at Lowell Boys and Girls Club

Thursdays, 10am-12pm at the Lowell Senior Center

Fridays, 12-5pm at Lucy Larcom Park

Sundays, 10am-1pm at Mill No. 5





## Want to buy Hot Meals with SNAP?

## ¿Quiere comprar comidas calientes con SNAP?

SNAP doesn't currently cover hot foods in Massachusetts. The **Restaurant Meal Program** (S.118, H.207) would let seniors buy restaurant food with SNAP. If this is important to you, tell your legislators.

SNAP ahora no permite alimentos calientes en Massachusetts. **Restaurant Meal Program** (S.118, HR.207) permitiría a las personas mayores comprar comida en restaurantes con SNAP. Si esto es importante para usted, dígame a sus legisladores.

Find your state legislators at <https://malegislature.gov/Search/FindMyLegislator>.

Lowell Residents are welcome to reach out to your state legislators about state concerns anytime:

Rep. Thomas Golden, 617-722-2263  
Rep. Vanna Howard, 617-722-2800  
Rep. Rady Mom, 617-722-2460  
Sen. Edward J. Kennedy, 617-722-1630



The Greater Boston  
**FOOD  
BANK**



# BROWN BAG

A distribution of pre-bagged groceries

In partnership with

Elder Services of the Merrimack Valley, Inc.

Choices for a life-long journey

**DATES: 4<sup>th</sup> Tuesday**

**September 28**

**October 26**



**FOR INFORMATION,  
CONTACT:**

Laura Marsan  
(978) 946-1303  
Justin Jordan  
(978) 946-1279

**Please bring reusable  
bags, baskets, or a cart  
to carry your food.**

MEMBER OF  
**FEEDING  
AMERICA**

| Sunday                                                                                                         | Monday                                                                                                                                                             | Tuesday                                                                                                                                                                                                                                                   | Wednesday                                                                                                                                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                              |                                                                                                                                                                    |                                                                                                                                                                                                                                                           | <p>1.<br/><b><i>NO On the Move TODAY</i></b><br/>           9-2:45 Poker<br/>           12-2:45 Quilting<br/>           12-3 Bingo<br/> <b>1:30 Mindfulness Meditation</b></p>  |
| <p>5.<br/>7-9 am Breakfast<br/>10-11:30 am Lunch</p>                                                           | <p>6.<br/><b>CLOSED</b><br/><br/> <b>Labor Day</b><br/><br/> <b>Holiday</b></p>                                                                                    | <p>7.<br/>9:30-2:45 Cribbage<br/> <b>10 Computer Class</b><br/>           10:30 Wii Bowling<br/>           12 Chair Yoga<br/>           12-2:45 Knit &amp; Crochet</p>                                                                                    | <p>8.<br/><b>8:30 Bone Builders</b><br/>           9 On the Move<br/>           9-2:45 Poker<br/>           12-2:45 Quilting<br/>           12-3 Bingo</p>                                                                                                         |
| <p>12.<br/>7-9 am Breakfast<br/>10-11:30 am Lunch</p>                                                          | <p>13.<br/>8:30 Bone Builders<br/> <b>8:45 Trip to Hampton</b><br/>           9 On the Move<br/>           12-2:45 Mahjong<br/> <b>1 Senior Center Singers</b></p> | <p>14.<br/><b>8 - 12 AmeriCorps Meeting</b><br/> <b>8:45 Trip to Rockport</b><br/>           9:30-2:45 Cribbage<br/> <b>10 Computer Class</b><br/>           10:30 Wii Bowling<br/>           12 Chair Yoga<br/>           12-2:45 Knit &amp; Crochet</p> | <p>15.<br/>8:30 Bone Builders<br/>           9 On the Move<br/>           9-2:45 Poker<br/>           12-2:45 Quilting<br/>           12-3 Bingo</p>                                                                                                               |
| <p>19.<br/><b>7 Trip to Atlantic City</b><br/>           7-9 am Breakfast<br/>           10-11:30 am Lunch</p> | <p>20.<br/>8:30 Bone Builders<br/>           9 On the Move<br/>           12-2:45 Mahjong<br/> <b>1 Senior Center Singers</b></p>                                  | <p>21.<br/>9:30-2:45 Cribbage<br/> <b>10 Computer Class</b><br/>           10:30 Wii Bowling<br/>           12 Chair Yoga<br/>           12-2:45 Knit &amp; Crochet<br/><br/> <b>Preliminary City Council<br/>           Election Day</b></p>             | <p>22.<br/>8:30 Bone Builders<br/>           9 On the Move<br/>           9-2:45 Poker<br/>           12-2:45 Quilting<br/>           12-3 Bingo</p>                                                                                                               |
| <p>26.<br/>7-9 am Breakfast<br/>10-11:30 am Lunch</p>                                                          | <p>27.<br/>8:30 Bone Builders<br/>           9 On the Move<br/>           12-2:45 Mahjong<br/> <b>1 Senior Center Singers</b></p>                                  | <p>28.<br/>9:30-2:45 Cribbage<br/> <b>10 Computer Class</b><br/> <b>10 Brown Bag pickup</b><br/>           10:30 Wii Bowling<br/>           12 Chair Yoga<br/>           12-2:45 Knit &amp; Crochet</p>                                                   | <p>29.<br/>8:30 Bone Builders<br/>           9 On the Move<br/>           9-2:45 Poker<br/>           12-2:45 Quilting<br/>           12-3 Bingo</p>                                                                                                               |

| Thursday |                                                                                                                                                                                           | Friday                                                                                                                         | Saturday                                     |
|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|
| n        | 2.<br>9:30-2:45 Cards: 45's<br>10-12 Farmer's Market<br><b>10:30 Honky Tonk Piano</b><br>1-2 Tai Chi<br> | 3.<br><b>NO On the Move TODAY</b><br>9-2:45 Poker<br>10:30 Wii Bowling<br>12-2:45 Knit & Crochet<br>12-2:45 Senior Social      | 4.<br>7-9 am Breakfast<br>10-11:30 am Lunch  |
|          | 9.<br>9:30-2:45 Cards: 45's<br><b>10 Trip to Foxboro</b><br>10-12 Farmer's Market<br>1-2 Tai Chi                                                                                          | 10.<br>9 On the Move<br>9-2:45 Poker<br>10:30 Wii Bowling<br>12 Gentle Yoga STARTS<br>12-2:45 Senior Social                    | 11.<br>7-9 am Breakfast<br>10-11:30 am Lunch |
|          | 16.<br><b>8:45 Trip to Newburyport</b><br><b>9 Foot Clinic by Appt</b><br>9:30-2:45 Cards: 45's<br>10-12 Farmer's Market<br>1-2 Tai Chi                                                   | 17.<br>9 On the Move<br>9-2:45 Poker<br>10:30 Wii Bowling<br>12 Gentle Yoga<br>12-2:45 Knit & Crochet<br>12-2:45 Senior Social | 18.<br>7-9 am Breakfast<br>10-11:30 am Lunch |
|          | 23.<br><b>9:15 Trip to Pickity Place</b><br>9:30-2:45 Cards: 45's<br>10-12 Farmer's Market<br><b>10:30 Dance MOVES</b><br>1-2 Tai Chi                                                     | 24.<br>9 On the Move<br>9-2:45 Poker<br>10:30 Wii Bowling<br>12 Gentle Yoga<br>12-2:45 Knit & Crochet<br>12-2:45 Senior Social | 25.<br>7-9 am Breakfast<br>10-11:30 am Lunch |
|          | 30.<br><b>8:45 Trip to Deerfield Fair</b><br>9:30-2:45 Cards: 45's<br>10-12 Farmer's Market<br>10:30 Dance MOVES<br>1-2 Tai Chi                                                           |                                            |                                              |

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Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail [Lowell@wingatecompanies.com](mailto:Lowell@wingatecompanies.com)



# Need help with technology?

## One-on-One Tech Help at the Senior Center (Age 60+)

Thursday afternoons by appointment

Sign up to ask questions, get help with your phone or device, learn MS Word or other programs, or get assistance with a specific computer task. Similar appointments are offered for all ages at the Polard Library main branch on Wednesday nights. Make an appointment online at [lowelllibrary.org/events](https://lowelllibrary.org/events) using the category "Tech Day/ Night," or call the Reference Department at 978-674-4121.



## SEPTEMBER 2021 COMPUTER WORKSHOPS

### INTRO TO PCS

9/7 @ 10AM



**Intro to PCs:** A general introduction to PCs. and Windows 10, users will also practice using the mouse and keyboard.

### INTERNET & BROWSERS

9/14 @ 10AM



**Internet & Browsers:** Topics include: opening a browser; surfing the web; performing a search; and online safety.

### CELL PHONE SKILLS

9/21 @ 10AM



**Cell Phone Skills:** Learn to use your smart phone to send and receive texts and email; attach and download images and documents.

### MICROSOFT WORD

9/28 @ 10AM



**Microsoft Word:** Learn how to create, edit and save documents with Microsoft Word. PC Skills required.



Sign up at [lowelllibrary.org/events](https://lowelllibrary.org/events) using the category "Technology Workshop," or call 978-674-4121.

## FREE KINDLE LOAN PROGRAM

If you would like to get online but don't have a computer or smartphone, Lowell Senior Center can lend an Amazon Kindle for 30-day periods for you to take home.

You will need to have your own internet access from home, public hotspots, or the Senior Center.

Income eligible households may qualify for \$10/month internet service through [internetessentials.com](https://internetessentials.com). There are also pandemic relief discounts up to \$50/month.



Here are some important numbers for managing food security and stress in this difficult time:

### **Cash Assistance DTA Applications**

can be filed (started) online at DTACConnect.com (click the blue "apply" banner). Just like with SNAP, a case manager will need to speak with the client after the application is filed.

**Meals on Wheels** (open to anyone over 60 regardless of health): 1-800-892-0890

**Project Bread Food Source Hotline** 1-800-645-8333

**Merrimack Valley Food Bank Mobile Pantry Program:** 978-454-7272

**Manage Anxiety & Stress:** Need Help? Know Someone Who Does? Contact the Disaster Distress Helpline at 1-800-985-5990

**National Suicide Prevention Lifeline** 1-800-273-8255: Provides free and confidential support 24/7 for people in distress and crisis...

**FUEL ASSISTANCE** for income eligible families can be accessed through Community Teamwork 978-459-6161. Income limits for 2020-2021 are \$39,105/year for a single person, \$51,137/year for a 2-person household.

## **Access YOUR Veterans Benefits!**

Under Chapter 115 of Massachusetts General Laws (M.G.L. ch. 115), the Commonwealth provides a needs-based program of financial and medical assistance for indigent veterans and their dependents.

Qualifying Veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased Veterans are provided with the same benefits as if the Veteran were still living.

If you need more information please contact your Veterans' Services Officer, Eric Lamarche by email at [elamarche@lowellma.gov](mailto:elamarche@lowellma.gov) or by phone at 978-674-4066. Eric can also assist veterans in applying for VA assistance.



### **Senior Abuse Hotline Number**

To report suspected elder abuse, call: 1-800-922-2275

### **Elder Services of Merrimack Valley & North Shore**

Meals on Wheels, Assistance with Home Care, Case Management, Support for Seniors and Caregivers, Prescription Advantage  
1-800-892-0890

### **Legal Services Assistance & Referrals**

1-800-342-5297

### **Fuel Assistance** 978-459-6161

### **DTA Hotline (SNAP/Food Stamps)**

Direct line for seniors: 1-833-712-8027

### **MassHealth** 1-800-408-1253

### **Social Security Administration** 1-800-772-1213

### **Medicare** 1-800-633-4227

U P L A N E T S K R O W E R I F N Find and circle all of the items that you might  
G N I D J E T E X H A U S T E N N see when you look upward. The remaining 24  
P O M T Y R U C R E M K I T E O I letters spell an additional item you might see.

C O M E T C H I M N E Y S M O K E AIRPLANE  
R M T S T G R B T S H F P L G I S BIG DIPPER  
E S E E A E L E A H D A L M N S D BIRDS  
V F E L E U O T T R E A Z S I O R BLIMP  
I L A N E R E R E I B S T E T L I BLUE SKY  
D X I S I L T P S R P R U E I A B CHIMNEY SMOKE  
Y R K G L L A E I H E U N N R R I CLOUDS  
K Y A I H R R A S E O A J N W E G COMET  
S S T I C T T E T R L W R L Y C D DRONE  
R E D S N O N L W P E U E D K L I FIREWORKS  
A Y Y U H B I I R O T V I R S I P GALAXY  
T K N G O G O I N A P O I O B P P HAZE  
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STARS  
STREET LIGHT  
THE SUN  
TREETOP  
UNIVERSE  
VENUS

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## Self-Assessment Hearing Test

The onset of hearing loss is usually very gradual. It may take place over 25-30 years or it may happen more rapidly if you are exposed to loud noises at work or through hobbies. Because it usually does occur slowly, you may not even be aware you have a problem until someone else brings it to your attention.

|     |                                                                                 |     |    |
|-----|---------------------------------------------------------------------------------|-----|----|
| 1.  | Do you have to turn the volume up on the television?                            | YES | NO |
| 2.  | Do you frequently have to ask others to repeat?                                 | YES | NO |
| 3.  | Do you have difficulty understanding when in groups or in noisy situations?     | YES | NO |
| 4.  | Do you have to sit up front in meetings or in church in order to understand?    | YES | NO |
| 5.  | Do you have difficulty understanding women or young children?                   | YES | NO |
| 6.  | Do you have trouble knowing where sounds are coming from?                       | YES | NO |
| 7.  | Are you unable to understand when someone talks to you from another room?       | YES | NO |
| 8.  | Have others told you that you don't seem to hear them?                          | YES | NO |
| 9.  | DO you avoid family meetings or social situations because you can't understand? | YES | NO |
| 10. | Do you have ringing or other noises in your ears?                               | YES | NO |

Scoring:  
 Answered YES to **less than 3 of the questions:**  
 No significant hearing loss seems present  
 Answered YES to **between 3 and 5 questions:**  
 You may have a slight hearing problem\*  
 Answered YES to **between 5 and 7 questions:**  
 You may have a moderate hearing problem\*  
 Answered YES to **more than 7 questions:**  
 You may have a significant hearing problem\*

\*In order to determine the exact degree of hearing loss present, you should have your hearing evaluated by a licensed hearing professional. If you scored above 3 on this quiz, ask your doctor about evaluating your hearing.



Name & Phone Number (optional) \_\_\_\_\_

Preferred Language: \_\_\_\_\_

**1. How did you participate at the senior center this year (July 2020 – June 2021)? Please mark all that apply.**

- ◇ Meals
- ◇ Other Food Programs
- ◇ Health or Fitness
- ◇ Social / Recreation
- ◇ Rides
- ◇ Tax or Medicare Assistance
- ◇ Service Referrals (including phone)
- ◇ I did not participate this year

Please visit [lowellma.gov/seniors](https://lowellma.gov/seniors) for online survey, or mail to:

Lowell Senior Center  
276 Broadway St  
Lowell MA 01854

**2. Think about your life since you started attending the senior center. Below are some ways that senior centers might make a difference. Please check the box that best matches your response for each line.**

| Because I go to the Senior Center I...                                           | Strongly Agree | Agree | Disagree | Not Applicable |
|----------------------------------------------------------------------------------|----------------|-------|----------|----------------|
| A. See friends more often/make new friends                                       |                |       |          |                |
| B. Take better care of my health                                                 |                |       |          |                |
| C. Eat meals that are better for me                                              |                |       |          |                |
| D. Have more energy                                                              |                |       |          |                |
| E. Feel happier or more satisfied with my life                                   |                |       |          |                |
| F. Know where to ask if I need a service such as a ride to the doctor or an aide |                |       |          |                |
| G. Feel more able to stay independent                                            |                |       |          |                |
| H. Feel that the senior center has had a positive effect on my life              |                |       |          |                |
| I. Have learned about services and benefits                                      |                |       |          |                |
| J. Am more physically active                                                     |                |       |          |                |
| K. Would recommend the senior center to a friend or family member                |                |       |          |                |
| L. I feel more comfortable using the internet                                    |                |       |          |                |
| M. I feel less lonely                                                            |                |       |          |                |

**3. What does it feel like to visit the Senior Center?**

**4. What could the Senior Center do to serve you better?**

**5. As you grow older, what changes do you wish for at home and in your neighborhood?**

## Friends of Lowell Council on Aging

With the winding down of Summer we hope to have a winding up of activities at the center. August brought the return of Wednesday Bingo and the Annual Summer Social. Check the activities page to find if your favorite has resumed.

We now have nearly 350 members. This is definitely due to the printing of the Membership application in the Heritage. As a reminder the membership fee covers a calendar year. Dues can be paid for the current year starting December 1 of the previous year through October 31 of the current year. There is a moratorium the month of November. Only one year can be paid at a time. A few of you have paid more than once, as well as some advanced payments. If you currently have a yellow card you are set for 2021.

Thank you all for your loyalty. We also wish to thank those of you who requested not to have the newsletter sent to you. This is a huge savings to us and those funds can be used for more amenities to enhance your enjoyment in the center.

Friday, September 24, 2021 @ 9:30AM is our next FLCOA meeting. It is open to anyone who wishes to attend. As a reminder we are the Friends of the LCOA. We do not have say in the running of the center. We are an organization that raises money to supplement the COA budget. Any questions you may have about meals, card playing, trips, exercise classes, etc., should be directed to the LCOA whose next meeting is Monday, September 13, 2021 @ 9AM.

Have a happy and safe Labor Day weekend!


## Make 9-1-1 Work Better for You

**File of Life Cards** on your refrigerator or in your handbag list health conditions, medications, healthcare proxy, and medical providers to help first responders quickly access the information they need (even if you're unconscious). Pick one up at the Senior Center.

| <b>FILE OF LIFE</b>                                                                |                |
|------------------------------------------------------------------------------------|----------------|
| <b>KEEP INFORMATION UP TO DATE !!</b><br><i>Review At Least Every Six Months !</i> |                |
| <b>MEDICAL DATA REVIEWED AS OF</b>                                                 | <b>MO. YR.</b> |
| Name:                                                                              | Sex: M F       |
| Address:                                                                           |                |
| Doctor:                                                                            | Phone #:       |
| Preferred Hospital:                                                                |                |
| <b>EMERGENCY CONTACTS</b>                                                          |                |
| Name:                                                                              | Phone #:       |
| Address:                                                                           |                |
| Name:                                                                              | Phone #:       |
| Address:                                                                           |                |

**State 911 Disability Indicator Form** (for landline phones) is available at the Senior Center to provide Massachusetts state 911 dispatch with codes related to life support, hard of hearing, or other needs in your home.

**LPD's Safe Watch Registry** is an online form to give local first responders information about a household member who might wander, need a special approach based on health or mental health conditions as soon as they call 911. Visit <https://www.lowellma.gov/FormCenter/Police-33/Safe-Watch-Program-115>



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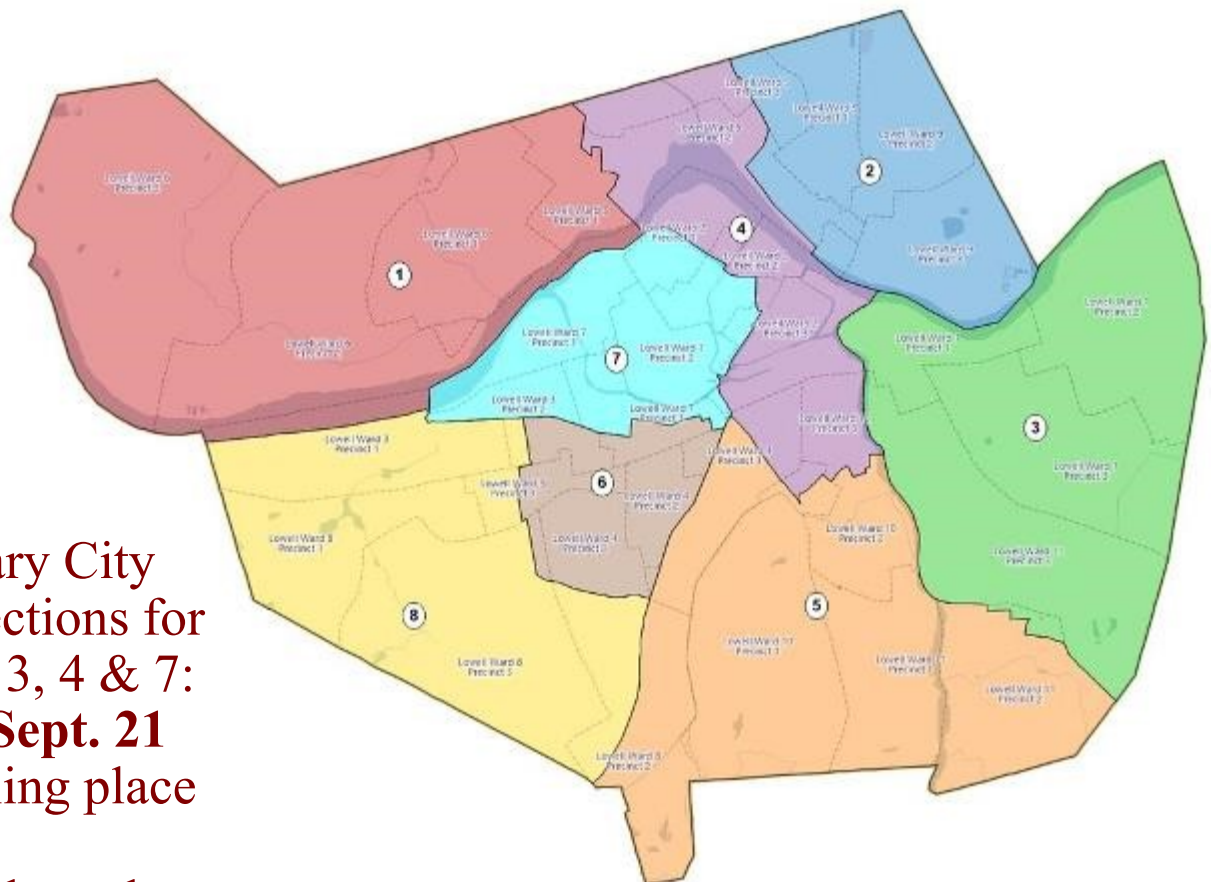
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